

Vegan Mycoprotein Nuggets

These Mycoprotein-based Nuggets are packed with benefits. The texture of these Mycoprotein Nuggets is firm and juicy, similar to traditional nuggets. The neutral taste of mycoprotein provides a good base for these Nuggets.

claims • These Nuggets contain proteins from Mycoprotein • Vegan • One vegan Mycoprotein Nuggets weighs 20 grams • Source of protein • Source of fibre

based on calculated value

Ingredients

Water, 23% mycoprotein, flour (maize, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), vegetable protein (WHEAT, pea), onion, starch (WHEAT, pea, maize), WHEAT fibre, natural flavouring, thickener (methyl cellulose), sea salt, vinegar, spices, salt, lemon juice, preservative (potassium acetates), BARLEY malt extract.

Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	891 kJ	891kJ	11
Energy	213 kcal	213kcal	11
Total fat	10g	10g	14
saturated fat	1.3g	1.3g	7
Carbohydrates	21g	21g	8
of which sugars	1.2g	1.2g	1
Fibres	5.2g	5.2g	
Proteins	7.5g	7.5g	15
Salt	1.1g	1.1g	18

Reference intake of an average adult (8400 kJ/2000 kcal).

* Recommended Daily Intake.



Method of preparation

Bake in oven : Bake in a preheated oven at 180°C (hot air) until golden brown, turn once. Thawed product: 8-10 min. Frozen product: 11-13 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 2-4 min, medium heat. Frozen product: 3-5 min, medium heat.

Deep frying : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 2-3 min. Frozen product: 3-4 min.

Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 3-5 min. Frozen product: 4-6 min.

Categories

[Mycoprotein](#), [Plant-based Chicken](#), [Schouten's Classics](#), [Snacks](#), [Vegan*](#), [Soy free](#), [On a bun](#), [Main course salad](#), [Meal component](#), [Industry](#), [Out of home](#), [Retail](#)

*Schouten's products and associated procedures meet the requirements of the V-Label, Vegan Action and the Vegan Society, the best-known official labels for vegan products.

Allergens

Free from

Milk, egg, soy, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Contains

Gluten containing grain, wheat, barley

May contain

Rye

Packaging options

				
Consumer packaging Chilled	Consumer box Frozen	Foodservice box 2.5/3 kg Frozen	Industry box 10 kg Frozen	